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Sleep tech: 18 gadgets to help you get the best out of your beauty sleep

Not all of us have the luxury of sleeping in if we want to feel refreshed when we wake up, so here are some of the best sleep gadgets for getting a good night's rest.

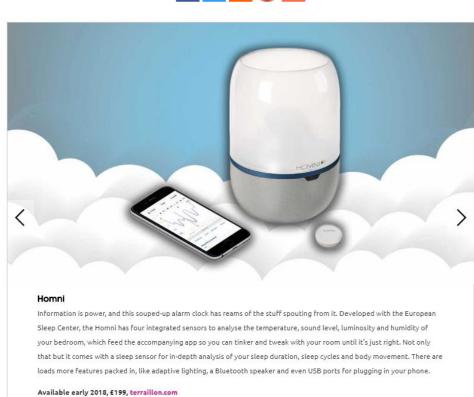
30th November 2017













GADGETS

Whether you're looking to catch 40 winks, curl up for a catnap or settling in for your nightly slumber, we could all do with a little helping hand from the Sandman when it comes to getting some shuteye. Sadly, he doesn't always come on demand, so we've collected some gadgets and gizmos that'll save you counting sheep all night and help those zzzzzzz come with ease.

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Together with Goldsmiths, University of London, *BBC Focus* is conducting its very first piece of research to find out more about two sleep phenomena: exploding head syndrome and sleep paralysis. To discover more <u>click here</u> or to <u>here to take part</u>.